



DINNERLY



FAST

NO ADDED GLUTEN

Mexican Stuffed Zucchini with Black Beans, Cheddar & Rice

 20-30min  2 Servings

Boats are best known for their ability to whisk you away to the idyllic, blissed out spot you want to be. And things are no different with these zucchini burrito boats (read: tender zucchini stuffed with burrito goodies)! Brimming over with flavor, as well as veggie and black bean goodness, these boats don't require a ticket to enjoy. Just a fork and knife. We've got you covered!

WHAT WE SEND

- plum tomatoes
- zucchini
- sharp cheddar cheese ⁷
- jasmine rice
- canned black beans
- chorizo chili spice blend
- garlic

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- red wine vinegar

TOOLS

- box grater
- fine-mesh sieve
- skillet
- rimmed baking sheet
- saucepan

ALLERGENS

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 660kcal, Fat 21g, Carbs 91g, Proteins 25g



1. Cook rice

Peel and finely chop **2 teaspoons garlic**. Heat **2 teaspoons oil** in a small saucepan over medium-high. Add **rice** and **1 teaspoon garlic**. Cook, stirring, until rice is toasted, about 2 minutes. Stir in $\frac{1}{2}$ **teaspoon salt** and **1¼ cups water**. Bring to a boil, reduce heat to low, cover and cook until rice is tender, about 17 minutes. Cover to keep warm off heat.



2. Broil zucchini

Preheat broiler to high with top rack 6 inches from heat source. Halve **zucchini** lengthwise. Using a teaspoon, hollow out the center of each, leaving a $\frac{1}{4}$ -inch edge all around (reserve zucchini flesh). Brush with **oil**, season with **salt** and **pepper**; place, skin-side down, on a baking sheet. Broil on top rack until lightly charred and tender, 6–8 minutes.



3. Prep ingredients

Cut **tomato** into $\frac{1}{4}$ -inch pieces. Coarsely grate **cheddar** on the large holes of a box grater or cut into very small pieces. Drain **black beans** and rinse well. Roughly chop **reserved insides of zucchini**.



4. Make filling

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **garlic** and **chopped zucchini**, and cook, 1 minute. Add **chorizo chili spice**, **tomatoes**, **black beans**, and **a generous pinch each salt and pepper**. Cook, stirring, until mixture thickens and tomatoes are softened, about 5 minutes. Stir in $\frac{1}{2}$ **teaspoon vinegar**; season to taste with **salt** and **pepper**.



5. Broil filling & serve

Spoon **filling** into **zucchini**. Sprinkle with **cheese**. Return to oven and broil until cheese just melts, about 1 minute (watch closely). Fluff **rice** with a fork. Serve **stuffed zucchini** on top of **rice**. Enjoy!



6. Make it meaty!

Got some non-vegetarians at the table? You can stick with the nautical theme with a few skewers of grilled shrimp. Or, you could make it meaty by first browning ground beef or pork and mixing into the filling in step 4.